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Chris Comish's blog

Chris Comish is a Reiki Master and here to lift others up in Love and Light.

Tuesday, October 15, 2024

Ascension

How to ascend:

1. Do shadow work and love yourself. This includes aligning the body-emotions-mind-Spirit. State, "I am not the body, I am not the emotions, I am not the mind, I am loving awareness." Follow the Law of One.

2. Do service to others and love others.

3. Embody love, and realize everything outside is a mirror of the inside.

Three steps. It took me 18 years to realize this, I'm writing the steps so it won't take you 18 years.

- October 15, 2024

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Light body
Describe the Light body. ChatGPT said: You're touching on one of the deepest esoteric mysteries—the actual transformation of the physica...

Pictures of Heavenly (Astral) form - Soul- Oversoul (Higher Self)
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Founder of the City of Shamballa in 2009. Spiritual Healer and Ascension Teacher of Ray 2 Love-Wisdom. Finished Planetary Service Dharma P...

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Chris Comish is a Reiki Master and here to lift others up in Love and Light. Since his awakening in 2006, his wish is to share with the world to help it awaken. Chris is the founder of the City of Shamballa Social Network. Subscribe to his YouTube channel at Onenessandlove. Chris Comish is a Reiki Master and here to lift others up in Love and Light. Since his awakening in 2006, his wish is to share with the world to help it awaken. Chris is the founder of the City of Shamballa social network. Subscribe to his YouTube channel at Onenessandlove. Author of 28 Powerful Reiki Attunements, Book of Healing, Book of Wisdom, and multiple energy attunements and healing books.

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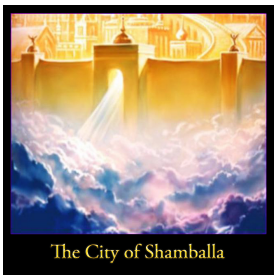

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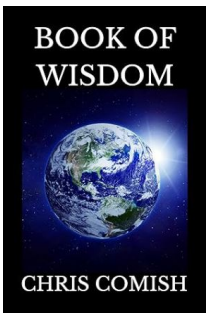

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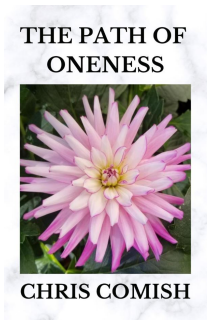

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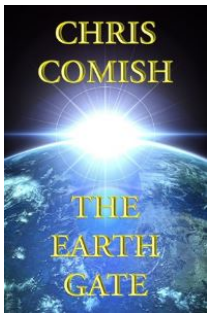

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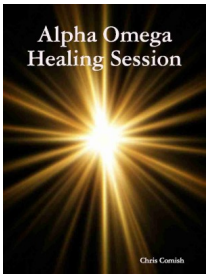

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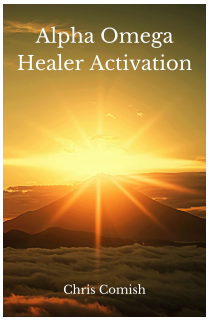

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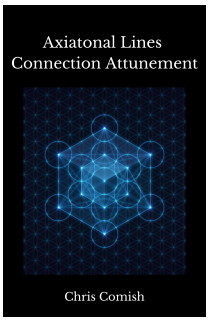

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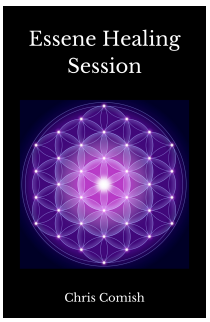

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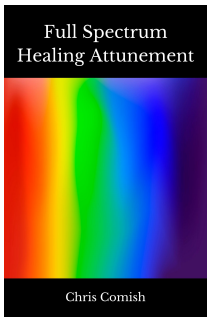

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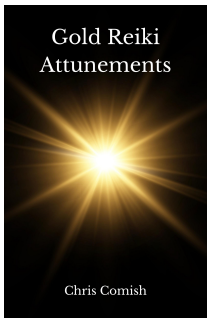

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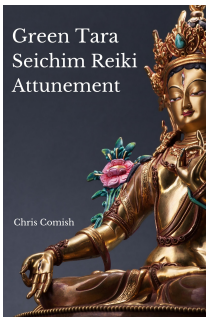

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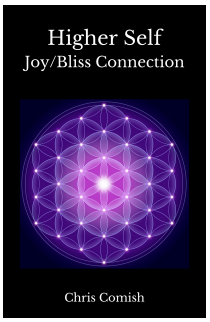

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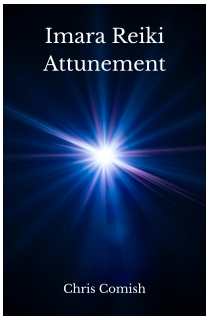

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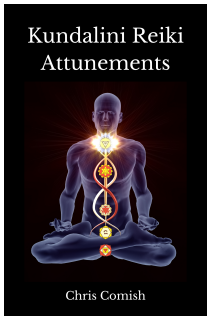

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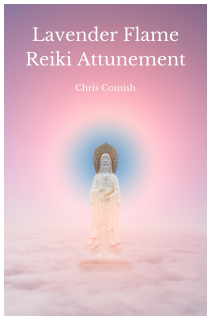

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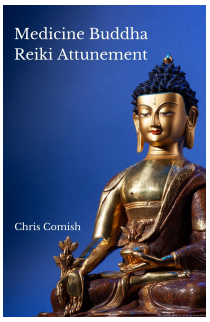

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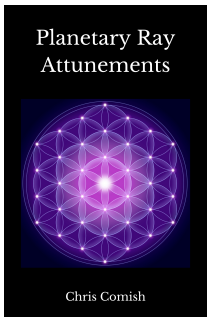

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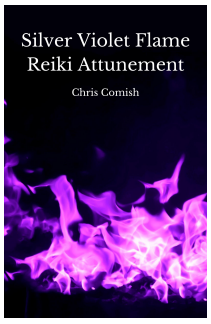

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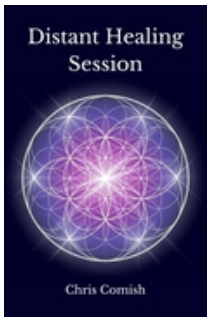

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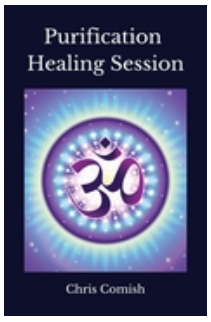

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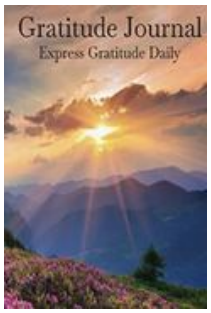

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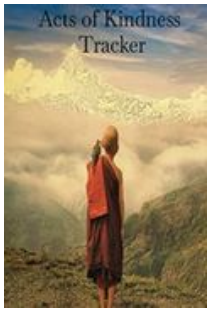

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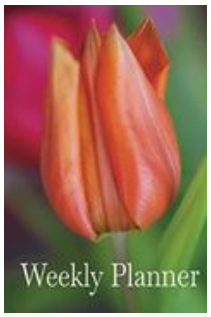

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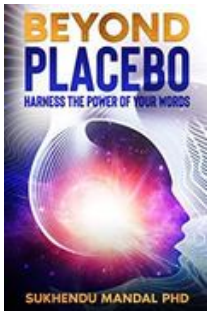

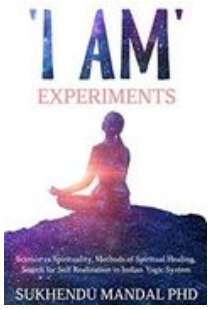

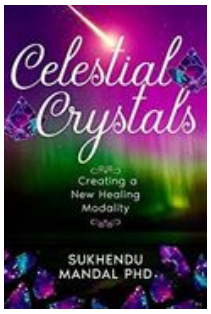

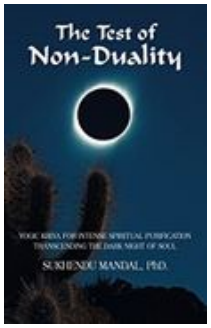

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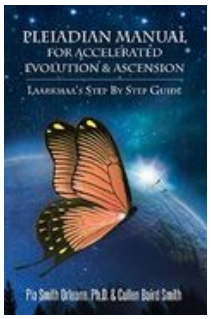

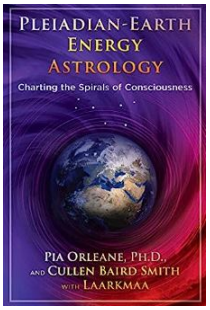
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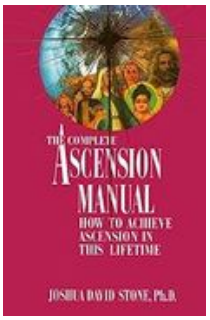
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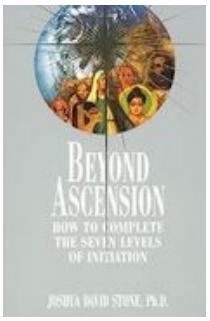
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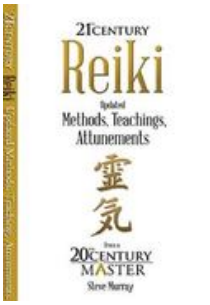
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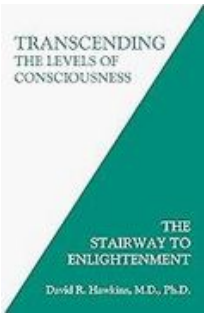
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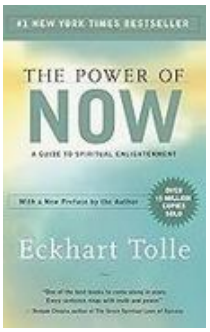
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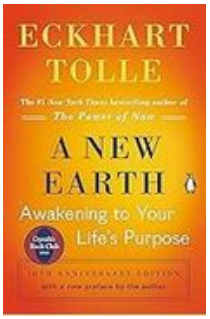
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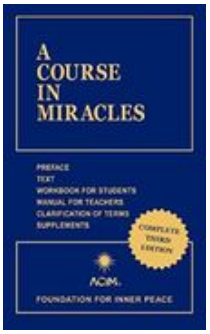
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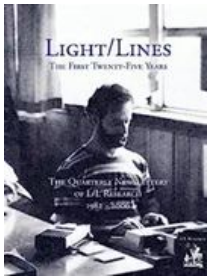
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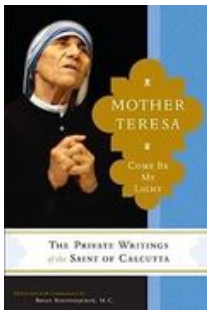
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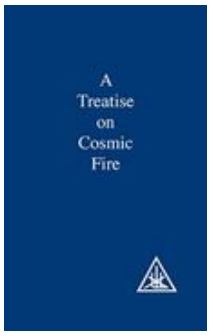
A
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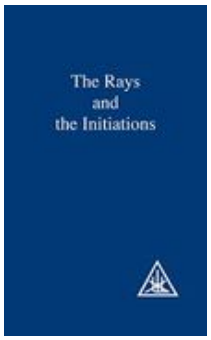
The Rays
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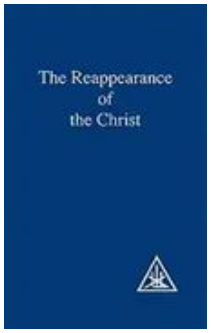
The Reappearance
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The
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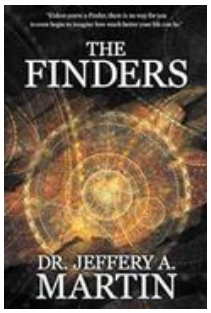
Hierarchy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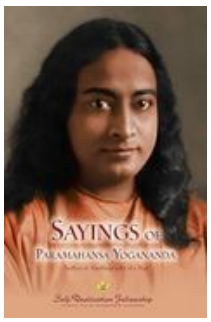
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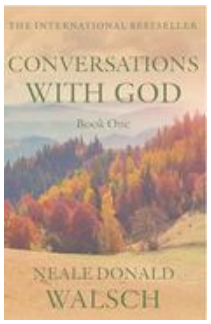
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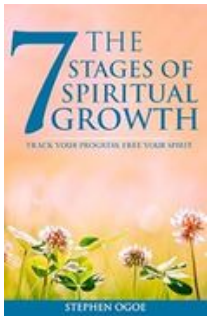
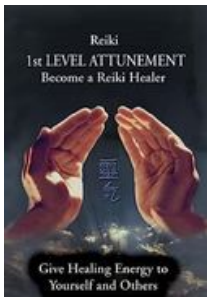
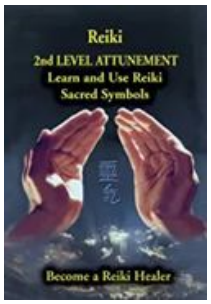
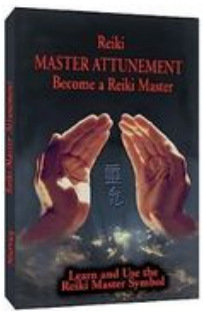
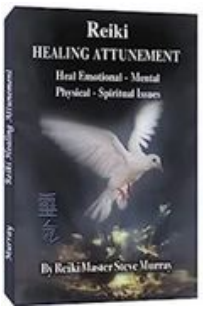


Recommended DVDs (These started Chris Comish's Reiki journey in 2006)









Forum - The City of Shamballa Social Network

- The Real Meaning Of Christmas - The Song Of Light Returning
- Solstice Transmission with Anrita Melchizedek
- Do Not Waste This Opportunity
- Meditation And The Inner Celebration of Christmas By Yogananda & The Self-Ralization Fellowship
- ✨NEW MOON ACTIVATION✨ Energy Detox & Supercharged Manifesting Power |Guided Meditation

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Ascension

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Kundalini activation

Yin and Yang lines

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► March (1)

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